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GRADE "A" INSTITUTE

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Outreach Activity Report: "From Me to We: Collective Joy through Love and Belonging"

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|--|---|
| Title of Activity | Community Happiness Through Love & Belongingness |
| Values | Well-being, Compassion, Community Gratitude |
| Learning Outcomes | <ul style="list-style-type: none">• Participants reported increased awareness of happiness techniques and showed interest in applying these methods in their daily lives.• Develop skills for empathy, active listening, and emotional regulation to better relate to others and build supportive relationships.• Encourage participants to reflect on their own emotional well-being and how it contributes to collective joy. |
| Objectives | <ul style="list-style-type: none">• To increase understanding of mental well-being and happiness practices.• To involve community members in interactive activities that promote happiness.• To encourage participants to understand the importance of community bonds and collective happiness.• To educate individuals about how emotional connections and love can foster a stronger, more inclusive community. |
| Organized by | Happiness Club |
| Program Theme | Enhancing emotional intelligence through love and empathy |
| External Expert / Internal Expert | Internal Expert |
| Date | 27 th Feb 2024 |
| Time | 11:00 AM Onwards |
| Venue | Nangli Poona, Delhi |

Coordinator
Internal Quality Assessment Cell (IQAC)
Tecnia Institute of Advanced Studies
New Delhi-110085

Happiness Evangelist, Happiness Club
Tecnia Institute of Advanced Studies
Madhuban Chowk, Rohini, Delhi-85

HAPPINESS CLUB

Organizing
OUTREACH ACTIVITY

**From Me to We:
Collective Joy through
Love and Belonging**



27, Tuesday
February, 2024



11:00 AM
Onwards

Venue: Nangli Pooana, Delhi

Nodal Officer

Ms. Himani Chaudhary
Happiness Club

Student Coordinators:

Bhoomika Jain : 6250017413
Bharat : 8595779338

Poster/Flyer/Notice*

Social media link (promoting in any one Facebook/Instagram/Twitter is mandatory)

NA

No. of Students* (only no. to be written, list in excel or word should be maintain at department level as proof for any further requirement)

20

No. of Faculty* (only no. to be written , list in excel or word should be maintain at department level as proof for any further requirement)

01

No. of External Participants (students + faculty) [write NA if not applicable]

NA

Photograph*



Building Bonds, Spreading Joy: From Individuals to a Stronger Collective



Together We Thrive: Celebrating the Power of Love, Unity, and Belonging

Report: Description in (min 250 to max 800 words)*

This report details the outreach event "Pathways to Joy: A Community Happiness" conducted by the Happiness Club on Feb 27, 2024. The event aimed to promote Community happiness is often rooted in the feelings of love, belonging, and connection among its members. Fostering love and belongingness can significantly enhance the emotional well-being, social cohesion, and overall happiness of individuals within a community. The **"Community Happiness Through Love & Belongingness"** outreach activity was designed to strengthen the bonds within the community by encouraging compassion, shared values, mutual respect, and collective engagement in positive social practices. This initiative focused on promoting mental well-being, social inclusiveness, and emotional resilience, contributing to a healthier, more united community.


The outreach activity, "From Me to We: Collective Joy through Love and Belonging," was initiated by the Happiness Club to foster a sense of unity, joy, and belonging within the community. It aimed to create a space for individuals to experience and practice the values of love, empathy, and social connection, essential components of personal and collective well-being.


A four-hour interactive session designed to teach participants about the science of happiness and

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| | |
|---------------------------------------|--|
| | <p>provide practical exercises to enhance personal well-being. The event included keynote speeches, breakout sessions, and group activities. This report highlights the importance of love, belongingness, and emotional connection in promoting community happiness. Through these outreach efforts, a foundation for a more compassionate, united, and emotionally healthy community was established. The "From Me to We: Collective Joy through Love and Belonging" outreach activity successfully achieved its goals of fostering a sense of togetherness and collective joy. Participants left the event feeling more connected, loved, and uplifted, reflecting the core values of the Happiness Club. Moving forward, these initiatives can play a vital role in building stronger, more empathetic communities where everyone experiences belonging and joy.</p> |
| Resource Person | Ms Himani Chaudhary – Club In-charge |
| Attendance Sheet* | <i>Attached at the end of Report</i> |
| Feedback | This event was well acknowledged by society. |
| Report Submitted by Convener | Ms Himani Chaudhary |
| <i>For Office Use</i> | |
| Signature of Event Coordinator |  Happiness Evangelist, Happiness Club Tecnia Institute of Advanced Studies Madhuban Chok, Gurgaon, Delhi-15 |


Coordinator
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New Gurgaon 122085

List of Participation

| S. No. | Enrolment No | Name |
|--------|--------------|-----------------|
| 1 | 00117001723 | Mehak Sharma |
| 2 | 00217001723 | Navya Vashisht |
| 3 | 00317001723 | Om Sahni |
| 4 | 00417001723 | Aditya Kaushik |
| 5 | 00517001723 | Khushi Luthra |
| 6 | 06717001723 | Anmol Malhotra |
| 7 | 06817001723 | Raghav Nagpal |
| 8 | 06917001723 | Bhavyaa Kapoor |
| 9 | 07017001723 | Simran Chawla |
| 10 | 00121301723 | Pushkar Aneja |
| 11 | 00221301723 | Karan Kapoor |
| 12 | 00321301723 | Eshaan Bhojwani |
| 13 | 00421301723 | Hitesh Gupta |
| 14 | 00521301723 | Sujal Sharma |
| 15 | 00621301723 | Tathastu Arora |
| 16 | 00721301723 | Pranay |
| 17 | 00821301723 | Kaya Rai |
| 18 | 00921301723 | Rakshit Dagar |
| 19 | 01021301723 | Vansh Arora |
| 20 | 00121301723 | Pushkar Aneja |

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